10 Tips For Family Caregivers

- Seek help and support from other caregivers, you are not alone.
- Take care of your own health so that you can be strong enough to take care of your loved one.
- Accept offers of help and suggest specific things people can do to help you.
- Learn how to communicate effectively with doctors.
- Caregiving is hard work so take respite breaks often.
- Watch out for signs of depression and don't delay in getting professional help when you need it.
- Be open to new technologies that can help you care for your loved one.
- Organize medical information so it's up to date and easy to find.
- Make sure legal documents are in order.
- Give yourself credit for doing the best you can in one of the toughest jobs there is!

www.MarylandFinancialAdvocates.com
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We have designed a planning process that can help you if you are taking care of an aging loved one.

Our 5 step planning process addresses most issues that may arise if you are helping take care of an aging parent or relative. It's not all about money, and the questions we ask usually uncover a lot of goals and objectives that may have never been talked about.

Step #1
The Big Picture

Step #2
The Parent Care Blueprint

Step #3
The Family Planning Vision

Step #4
Solutions and Strategies Activator

Step #5
The Periodic Plan Inspection & Review

For more information and some of the resources we offer, go to www.MarylandFinancialAdvocates.com

If you are caring for an aging relative or foresee that happening in the future, give us a call to find out how we may be able to help.

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